

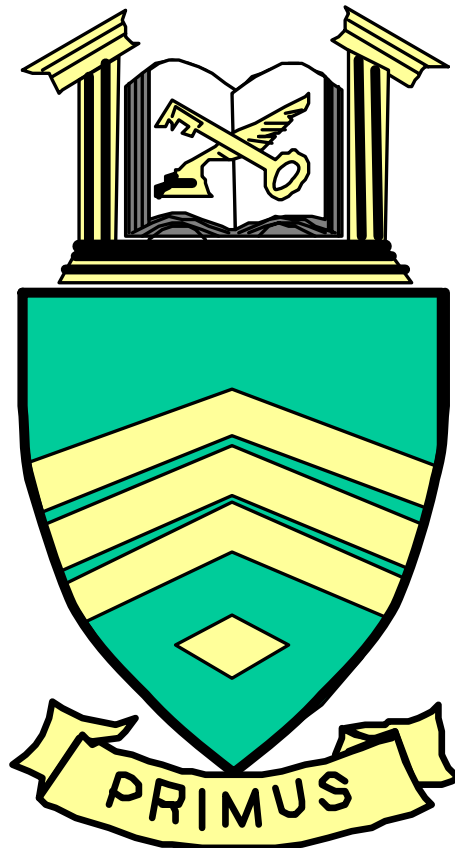
U.S. ARMY SERGEANTS MAJOR ACADEMY (FSC-TATS)

P661

OCT 03

PHYSICAL FITNESS PH2

STUDENT HANDOUT



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HANDOUTS FOR LESSON 1: P661 II version 1

This Appendix Contains

This Appendix contains the items listed in this table--

Title/Synopsis	Pages
SH-1. P661 Advance Sheet	SH-1-1
SH-2. Unit Physical Fitness Checklist	SH-2-1

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Student Handout 1

Advance Sheet

Overview

Commanders, first sergeants, and supervisors are responsible for ensuring all soldiers in their units maintain the highest level of physical fitness. As a first sergeant, you must ensure that the unit physical fitness program meets Army standards. This lesson consists of a before class assignment and a one hour classroom discussion. It will provide you with the tools necessary to assist your commander in creating and maintaining an effective unit physical fitness program.

Learning Objectives

Terminal Learning Objective (TLO).

Action:	Analyze a unit fitness-training program.
Conditions:	As a first sergeant, in a classroom environment, given your unit physical fitness program, AR 350-1, and FM 21-20.
Standards:	Analyzed a unit fitness-training program, IAW AR 350-1 and FM 21-20.

Assignment

Before class:

- Read AR 350-1, Chapter 1-21 and FM 21-20, chapter 10.
 - Develop a unit physical fitness program (IAW P661, ELO G)
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Additional Subject Area Resources

None

Bring to Class

- All lesson reference materials.
 - Your unit physical fitness program (IAW P661 Pre Resident Package)
 - Pen or pencil and writing paper.
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Student Handout 2

Unit Physical Fitness Checklist

Student Name: _____

Grader: _____

Steps In Planning	GO	NO GO	Remarks
#1) Mission Analysis			
#2) Fitness Objectives			
#3) Unit Assessment			
#4) Training Requirements			
#5) Fitness Tasks			
#6) Training Schedule			
-Regularity -Overload -Recovery -Progression -Specificity -Balance -Variety			

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